



THE UNIVERSITY OF QUEENSLAND CANOE CLUB

NAMBUCCA CANOE POLO

Weekend canoe polo competition held at Nambucca in northern NSW. Open to all canoe club members that attend Monday night canoe polo sessions.



Discipline	Canoe Polo	Paddle Grade	1
Date(s)	9th - 11th June	Event ID	230609P
Distance	0	Duration	Na
Leader	Callum Finglas	2IC	NA

Trip Outline

Friday 9th June

- 7:00 AM Meet club shed to pack trailer
- 7.40 AM depart club shed, drive to Nambucca
- Stops along the way to be decided upon the day by trip leader
- 2pm Arrive at Ingenue Holidays White Albatross, check into accommodation / setup camp
- Dinner out at local cafe / restaurant

Saturday 10th June

- Canoe polo competition, held in saltwater pool at Ingenue Holidays White Albatross
- Details of games and times released week before event
- Dinner at accommodation or eat out at local cafes

Sunday 11th June

- Canoe polo competition finals, held in saltwater pool at Ingenue Holidays White Albatross
- Details of games and times released week before event
- Afternoon pack up trailer and campsite
- Drive back to Brisbane, stops decided by trip leader
- Dinner at stop on drive back
- Plan to arrive back in Brisbane late.

Camping Information	Accommodation at Ingenue Holidays White Albatross. Camping or cabins available. Participants to organise their own accommodation. Talk to trip leader for help Club is not booking accommodation
Information Links	https://www.ingeniaholidays.com.au/our-parks/new-south-wales/mid-north-coast/white-albatross/
Facilities	Toilets, water, showers. Local cafes and shops short walk away

SAFETY

Canoe Polo can be hazardous. If conditions are unfavourable we will not go.. If you have medical conditions, consult your doctor, let the leader know if they are relevant (eg asthma, diabetes, heart conditions, allergies, epilepsy, etc), and bring any required medication.

Risks and Management

Club Travel Risk Assessment (Detailed Risk Assessments on request)

<p>Drowsiness while Driving Loads Falling from Vehicle or Trailer, or Hitting Occupants in Accident Injury from Loading / Unloading Equipment from Vehicle Unleaded Petrol</p>	<p>Incident/Accident while Driving Becoming Lost Breakdown or Breakdown in Remote Areas Towing Trailer Covid</p>
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General Risk Management

<p>Paddler Requirements</p>	<p>Paddlers must advise leaders if they have health issues or injuries that may affect participation. Ensure medication is carried and is accessible. If unsure, they should check with their doctor beforehand.</p> <p>Participants must self-assess their, and their equipment's ability to cope with this grade of club event. The club grading scale is located on the club website. This should be consulted prior to registration, and any concerns or anything needing clarification should be raised with the trip leader beforehand. Participants need the skills for the grade of the trip, unless modified below "Additional Comments".</p> <p>Participants should have an appropriate level of fitness. This is a trip that requires a moderate fitness level and a minimum sustained cruising speed as required by the paddle grade.</p>
<p>Emergency Contact Information</p>	<ul style="list-style-type: none"> • Emergencies only – 000
<p>Nearest Medical Help and Contacts</p>	<p>Hospital(s)</p> <ul style="list-style-type: none"> • Macksville District Hospital • 100 Darruya Rd, North Macksville NSW 2447 <p>(02) 6598 3300</p>

Safety and Personal Equipment

Personal Equipment (Full list)	Paddling clothing, shoulders must be covered Dry clothing (to keep warm) off water Equipment Requirements for Canoe Polo Food adequate for trip duration Footwear suitable for paddling, swimming. Extra for on land. No thongs/flip flops or bare feet (oysters and spiky/venomous animals can get you!) Sun protection (hat, sunglasses, long sleeved paddle clothes sunscreen, etc) Water – 3L per day (4L if camping)		
Kayak Equipment	Canoe polo kayak Canoe polo paddle Canoe polo pfd Canoe polo Helmet All equipment to meet ICF canoe polo competition standards		
Safety Equipment	First Aid Kit	Repair Kit	Spare Paddle
Additional or Emphasised Equipment	Please make sure you bring water (2-4 litres), lunch, snacks, sun protection and foot wear. Lunch and food can be bought at local shops and cafes		

LOGISTICS

Pre-Trip Meeting	Monday 5th June 6:30pm before canoe polo at the aquatic centre		
Boat Loading Details	9th June 7am		
Costs	<ul style="list-style-type: none"> • \$60 per person • Cost covered wear and tear fee for club equipment. Fuel for towing club trailer to Nambucca Cost not covered accommodation. Fuel for car pooling drive down. Please arrange your own accommodation and share cost of petrol with your driver		
Additional Comments/ Instructions	Please talk to trip leader for help organising accommodation and car pooling. Numbers will be limited by transport, the number of people with sufficient skills. Please refer to Canoe Polo team selection criteria. Within these constraints it will be first come first served and number will be limited.		

EVENT REGISTRATION

Register with	Callum	Email	polo@uqcanoecub.net
Limits on Numbers	Numbers will be limited by transport, the number of people with sufficient skills. Please refer to Canoe Polo team selection criteria. Within these constraints it will be first come first served and number will be limited. Trip Leader will decide.		
Register by	15th May	Club Event ID	230609P